



T-A Level 02

MUST SEE ASSESSMENT GUIDE & TEACHING TIPS



ROYAL LIFE SAVING
AUSTRALIA



STRAND	SKILL OUTCOME	MUST SEE CRITERIA	TEACHING TIPS
Hazards & Personal Safety	Understand and follow safety rules for aquatic environments	<ul style="list-style-type: none">• Correctly answer questions about safety rules for different aquatic environments• Reads signs and obeys rules when in aquatic environments	<ul style="list-style-type: none">• Find out what they already know and understand about dangers and safe behaviours in different aquatic environments.• Discuss safety rules: around backyard pools, lifejacket use, water safety signs, adult supervision, safe play areas, swimming in patrolled areas, listening to lifesavers or lifeguards.• Dispel myths around drowning deaths (make sure research backs you up!)
Hazards & Personal Safety	Explore how to participate safely in a range of aquatic activities	<ul style="list-style-type: none">• Discuss and correctly answer questions on ways to participate safely in a range of aquatic activities	<ul style="list-style-type: none">• Ask what aquatic activities they participate in or are interested in learning.• Use case studies, personal experiences or scenario- based situations to highlight dangers and safe behaviours.• Discuss a range of activities: open water swimming, lifesaving, boating, watercraft, fishing, snorkelling.• Discuss ways to participate safely: never go alone, check conditions, look after your mates, take lessons first, avoid risk-taking.
Hazards & Personal Safety	Understand personal abilities and limitations that affect safety in and around water	<ul style="list-style-type: none">• Discuss and correctly answer questions relating to personal behaviours that effect personal safety in aquatic environments	<ul style="list-style-type: none">• Ask students to assess their personal aquatic abilities and limitations and think about how this may differ in various aquatic environments, conditions, and impact participation in aquatic activities.• Discuss use of alcohol and drugs, peer influences and group pressure, personal health and wellbeing, risk-taking and poor decisions.
Entry & Exit	Step in entry	<ul style="list-style-type: none">• Look at point of entry• Step out from the edge• Flex knees slightly on entry• Relax legs when feet touch the bottom• Push off the bottom to surface	<ul style="list-style-type: none">• Confidence in deep water and swimming underwater should be obtained prior.• Check depth is suitable for entry to avoid injury.• Use a water noodle (held in the water as buoyant aid) to help build confidence of entry into deep water for initial practises.

Flotation	Float on front and back in deep water and recover	<ul style="list-style-type: none"> • Float on back with relaxed body for 30 seconds • Legs near water surface • Eyes looking up, ears below surface • Recover to a secure upright position 	<ul style="list-style-type: none"> • Practise gradually in deeper water if available i.e., waist depth, chest depth, shoulder depth etc.
Flotation	Orientate the body using rotation skills	<ul style="list-style-type: none"> • Rotate body from back to front; on the horizontal or vertical axis • Rotate body from front to back; on the horizontal or vertical axis • Use sculling actions, head and shoulder position to assist with rotation • Continuous movement between floating positions 	<ul style="list-style-type: none"> • Demonstrate each of the different movement patterns. • Emphasise the sculling actions and how head and shoulder movement aids the rotation.
Swimming	Swim 25 metres freestyle	<ul style="list-style-type: none"> • Streamline position • Continuous flutter kick • Arm pull and push phase • Aim for bent arm recovery with extended entry • Distance of 25 metres 	<ul style="list-style-type: none"> • Use front, back and side kicking drills to develop continuous and strong flutter kick. • Practise drills with and without kickboard to develop arm stroke and encourage a continuous stroke pattern. • Swim short distances often to first focus on technique rather than distance.
Swimming	Swim 25 metres backstroke	<ul style="list-style-type: none"> • Streamline position • Continuous flutter kick • Arm pull and push phase • Straight arm recovery • Shoulder rotation with head in neutral position • Distance of 25 metres 	<ul style="list-style-type: none"> • Practise backstroke drills without the use of kickboards to encourage good shoulder rotation and continuous arm action. • Single arm drills help with the arm pull and push phase. • Encourage regular breathing.
Swimming	Swim 25 metres survival backstroke	<ul style="list-style-type: none"> • Symmetrical and simultaneous leg and arm actions • Whip kick with 'hook' and 'v' and ending with legs together • Bend elbows during pull with hands not pulling/pushing past the chest • Glide, pull, breathe, kick, glide sequence • Distance of 25 metres 	<ul style="list-style-type: none"> • Swim short distances often to first focus on technique rather than distance. • Emphasise glide phase.

Swimming	Swim 25 metres breaststroke	<ul style="list-style-type: none"> • Symmetrical and simultaneous leg and arm actions • Whip kick with 'hook' and 'v' and ending with legs together • Bend elbows during pull with hands not pulling/pushing past the chest • Glide, pull, breathe, kick, glide sequence • Distance of 25 metres 	<ul style="list-style-type: none"> • Swim short distances often to first focus on technique rather than distance. • Emphasise glide phase.
Underwater Skills	Surface dive, swim underwater for at least 1 metre and recover an object from shoulder deep	<ul style="list-style-type: none"> • Surface dive head -first and feet-first in deep water • Exhale through mouth and nose • Open eyes underwater • Locate and retrieve object 	<ul style="list-style-type: none"> • Practise each component of the sequence separately before putting it together. • Retrieve more than one object to increase the difficulty of this skill.
Lifesaving	Respond to an emergency and perform a primary assessment	<ul style="list-style-type: none"> • Assess the emergency • Check for and remove any dangers • Assess response e.g., squeeze shoulders, give commands • Simulate calling Triple Zero (000) or request bystander to assist • Open mouth, look for obstruction, if visible roll to side and finger sweep • Tilt head and lift chin to open airway • Look, listen and feel for breathing • Place casualty in recovery position • Continue to monitor casualty 	<ul style="list-style-type: none"> • Find out if students have undertaken a CPR course previously and how long ago – this will guide the learning. • Plan dryland lesson so students can come appropriately dressed. • Highlight that family members are most likely first responders to an emergency so it's important to know what to do. • Be sensitive to students' previous emergency experiences. • Encourage students to complete a full and certified CPR or First Aid course.
Rescue	Throw rescue 5 metres from safety using a buoyant aid	<p>Rescue a casualty 5 metres from safety:</p> <ul style="list-style-type: none"> • Assess the emergency • Provide reassurance and effective instructions to casualty • Ensure self-preservation by positioning securely • Accurate throw of buoyant aid to casualty • Use voice and gestures to encourage the casualty to self-rescue • Secure casualty, ready for exit 	<ul style="list-style-type: none"> • Discuss what situations a throw rescue may need to be used and emphasise the importance of not getting into the water to rescue. • Discuss the buoyant aids that may be found in different aquatic locations. • Practise throwing buoyant aid on land first using a hoop as a target for accuracy. • Practise using a range of buoyant aids e.g., esky, ball, inner-tube, rescue ring, lifejacket.

Rescue	Throw rescue 10 metres from safety using a weighted and an unweighted rope	Rescue a casualty 10 metres from safety: <ul style="list-style-type: none"> • Assess the emergency • Provide reassurance and effective instructions to casualty • Ensure self-preservation by positioning securely • Coil weighted and unweighted rope efficiently (quickly) and effectively (untangled) • Accurate throw of rope to casualty • Secure casualty, ready for exit 	<ul style="list-style-type: none"> • Demonstrate how to coil a rope. • Practise coiling and throwing a rope on land first using a hoop as a target for accuracy. • Try a scenario that involves completing rescue within a time limit of 1 minute commencing with an uncoiled and untangled rope and ending when the casualty has grasped it.
Sequencing & Survival Skills	Perform a survival sequence with a buoyant aid	Demonstrate a continuous sequence with a buoyant aid: <ol style="list-style-type: none"> a) Float on back for 30 seconds b) Remain calm c) Signal for help with hand in air and shout to attract attention d) Retrieve buoyant aid when thrown e) Hold buoyant aid securely f) Scull, float or tread water whilst holding buoyant aid g) Kick in a front or back position using buoyant aid as support to a position of safety h) Select an appropriate exit for the environment i) Identify personal aquatic strengths and limitations through answering questions 	<ul style="list-style-type: none"> • Practice each component of the sequence separately before putting it together. • Use questioning to elicit responses for assessment e.g., was the sequence challenging? could they do this in open water?